Bob Alejo

Senior Executive staff member and elite Performance Practitioner with a history of success, collaboration, and a service to others.,

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Elite Performance Clinic • Sacramento

og1coaches.com/p/bobalejoperformanceexecutive

Statement

I have blended roles as a senior staff administrator and elite athletic performance coach, working with coaches, support staff, and front office executives to deliver a superior and winning product through service to others with a trustworthy, collaborative, and strategically planned visionary culture. Viewed as an industry professional of integrity and presence, I have an extensive network and leadership skills stretching across all disciplines, galvanizing and inspiring teams to work as One.

Education

Physical Education

California State University- Chico

Biological Sciences was my original major; Pre- Physical Therapy

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PRINCIPLES

• Please and thank you.

• Responsibility

• Commitment

• Development of trust

• Not to be outworked

• Start it, finish it

ATHLETIC CAREER

Catcher — California State University- Chico

NCAA Division II - National Collegiate Athletic Association Division II | Baseball (Men) | 1976 - 1980

4-year starter, 2X All Conference; Chico State Hall of Fame, Chico State Baseball Lineup of Champions (HOF)

COACHING CAREER

Director Of Performance And Health — Elite Performance Clinic

| | 2025

•Oversight of the day-to-day operations of athlete/client welfare.

•Transdisciplinary collaboration with PT's, performance practitioners, clinical and sports psychology, sports science, sports nutrition, and any adjunct services.

•Budgetary, hiring and marketing advising.

•Represent EPC on social media and in-person presentation regarding our mission.
•Provide leadership and vision for internal and external operations, and liaison to all stakeholders.

High Performance Advisor — Valor Biomechanics

| | 2024

•Consultant for Return-To-Play and performance, as well as product advancement, and strategic data gathering and analysis across all human performance stakeholders.

Strength and Conditioning Coach — Los Angeles Angels

MLB - Major League Baseball | Baseball (Men) | 2023 - 2025

•Assist the Director of Strength and Conditioning with programming, instruction, supervision, daily operation of the Major League strength and conditioning program, and joint oversight of the Minor League operation.
•Collaborative Return-to-Play practitioner.

Senior Advisor, Product/Brand Development And Innovation — Dynamic Fitness & Strength

| | 2023 - 2024

•Regional Manager of direct and associated dealer sales of Dynamic equipment for California, Nevada and Arizona.

Strategic Advisor, Human Performance — US Army, H2F, GAP Solutions Inc.

| | 2023 - 2024

•Consulting, certification, development, education and subject matter support.

Special Advisor- Athlete Performance, Rehabilitation And Recovery — Theradynamics

| | 2021

•Facilitate plans of care between surgeons and rehabilitation professionals.
•Developed proprietary applications and software with company's in-house technology team to facilitate industry leading individualized assessments for training, rehabilitation, recovery, and performance protocols.
•Assisted in the development of the company's performance quotient methodology that analyzes data collected from a proprietary battery of tests known as the Quantifiable Functional Neuromuscular Assessment (QFNA); identifies strengths, weaknesses, limitations, and susceptibility for injury specific to sport, position, and medical history.

Senior Associate Athletic Director- Performance And Student-Athlete Welfare — California State University, Northridge

NCAA Division I - National Collegiate Athletic Association Division I | | 2019 - 2022

•As the High-Performance Director, create the vision, communication and collaboration while having oversight over the Performance Units (Sports Medicine, Strength and Conditioning, Sports Nutrition, Sport Psychology, Sport Science).
•Program design and implementation for assigned teams.
•Director- Welfare, Health, Athletics & Medical (WHAM) Consortium; partnership and research development between athletics and campus academia (faculty, students).
•Covid Coordinator- Athletics Department coordinator, liaison to campus and the President's office.
•CSUN Student-Athlete Athletic Committee (SAAC)- Advisor.

High Performance Consultant — Kinexon

| | 2017 - 2019

•Assist in marketing and sport science development, implementation and education.

Director Sports Science — Power Lift

| | 2017 - 2020

•Represent Power Lift as an ambassador to their brand through the area of sport science- presentations, publications, practical's, partnerships, social media postings.
•Director, Sports Science Educational Board-- Conduct scientific, athletic performance research projects involving Power Lift equipment for research and development as well as product validation.

Assistant Athletics Director/Director of Strength and Conditioning — North Carolina State University

NCAA Division I - National Collegiate Athletic Association Division I | | 2011 - 2017
•Executive Team member which provides strategic leadership to 23 ACC sports programs.
•Responsible for day-to-day oversight of the 13-member Strength & Conditioning Unit.
•Design, implement and evaluate evidence and scientific-based strength and conditioning programs for 23 intercollegiate sports.
•Primary responsibility- Men's Basketball. *Additional duties: Director of Sports Nutrition for Men's Basketball.
•Administer and evaluate athlete tracking, technology and analytics.
•Implement and evaluate research-grade testing protocols.
•Establish and refine the vision, planning, professional services array, staff education and development of the Unit.
•Create the construct of retentions, recruiting, hiring and training of new Unit staff.

Strength and Conditioning Consultant — San Jose Earthquakes
MLS - Major League Soccer | Soccer (Men) | 2010 - 2010
•Design, implement, direct and supervise strength and conditioning programs.

Director Of Strength And Conditioning — Oakland Athletics
MLB - Major League Baseball | Baseball (Men) | 2008 - 2011
•Design, implement and evaluate evidence and scientific-based strength and conditioning programs for the entire Oakland Athletics baseball organization (MLB and Minor League [MiLB] level).
•Administer and evaluate testing protocols at all levels.
•Direct performance nutrition.
•Collaborative Return-to-Play member.
•MLB Supplementation liaison designee.
•Oversight of the MiLB Strength and Conditioning Coordinator and six (6) MiLB strength and conditioning and coaches, and associated teams; strategic financial planning.

Santa Barbara Strength And Conditioning Director — Santa Barbara Strength and Conditioning Director
NCAA Division I - National Collegiate Athletic Association Division I | | 2005 - 2008
•Design, implement and evaluate evidence and scientific-based strength and conditioning programs for 18 intercollegiate sports.
•Responsible for day-to-day oversight of staff, work study participants and strength and conditioning interns.
•Coordinate training schedules both inside and outside of the training facility (facilities were shared by athletics and academics).
•Implement and update education and recommendations for performance nutrition.
•Administer and evaluate all testing protocols.
•Collaborative Return-to-Play member.

Volunteer Strength And Conditioning Coach — Fordham University Volunteer Strength and Conditioning Coach
NCAA Division I - National Collegiate Athletic Association Division I | | 2003 - 2003
•Assist strength and conditioning staff in all areas of athlete physical preparation for all sports.

Head Strength And Conditioning Coach — 1993 US National Team/1994 World Cup Soccer Team
USA Soccer | Soccer (Men) | 1993 - 1993
•Design and implement flexibility, conditioning, strength programming and physical testing in coordination with the sports medicine staff of the U.S. Men's National Soccer Team.
•Submit budget, facility and training equipment recommendations for satellite training center construction.

Director Of Strength And Conditioning — Oakland Athletics
MLB - Major League Baseball | | 1993 - 2001
•Design, implement and evaluate evidence and scientific-based strength and conditioning programs for the entire Oakland Athletics baseball organization (MLB and Minor League [MiLB] level); Direct performance

nutrition.
•Oversight of MiLB Strength and Conditioning Coordinator, assistant coaches.
•Administer and evaluate all testing protocols.
•Financial planning for MLB and MiLB strength and conditioning budget. Collaborative Return-to-Play member.
*1997 Additional Duties: Bullpen Coach

Athletic And Human Performance, Injury Prevention — Alejo Athletic Performance Consulting Self-owned

| | 1984

•Advise, educate and audit private, organizational and institutional strength and conditioning programs, sport science integration plans, performance leadership, management structures and risk mitigation.

Head Administrator/Strength and Conditioning Coach — UCLA

NCAA Division I - National Collegiate Athletic Association Division I | | 1984 - 1993

•Design, implement and evaluate evidence and scientific-based strength and conditioning programs for 22 intercollegiate sports at the Nations #1 ranked Athletic Department.
•Primary responsibility- Men's Basketball.
•Directed budget management and administrative duties of the facility and Unit.
•Administer and evaluate all testing protocols.
•Maintain a working background in sports nutrition.
•Supervise volunteer and part-time assistant conditioning coaches.
•Administrate classes offered through the Cultural and Recreational Department.

Program Coordinator/ Strength and Conditioning Coordinator — Sports Medicine and Training Center

| | 1982 - 1984

•Acting Program Director in the absence of the top administrator.
•Supervise and schedule training center staff.
•Collaborate on marketing, fiscal budget, promotional appearances, and purchasing.